



# **Army Suicide Prevention Program**

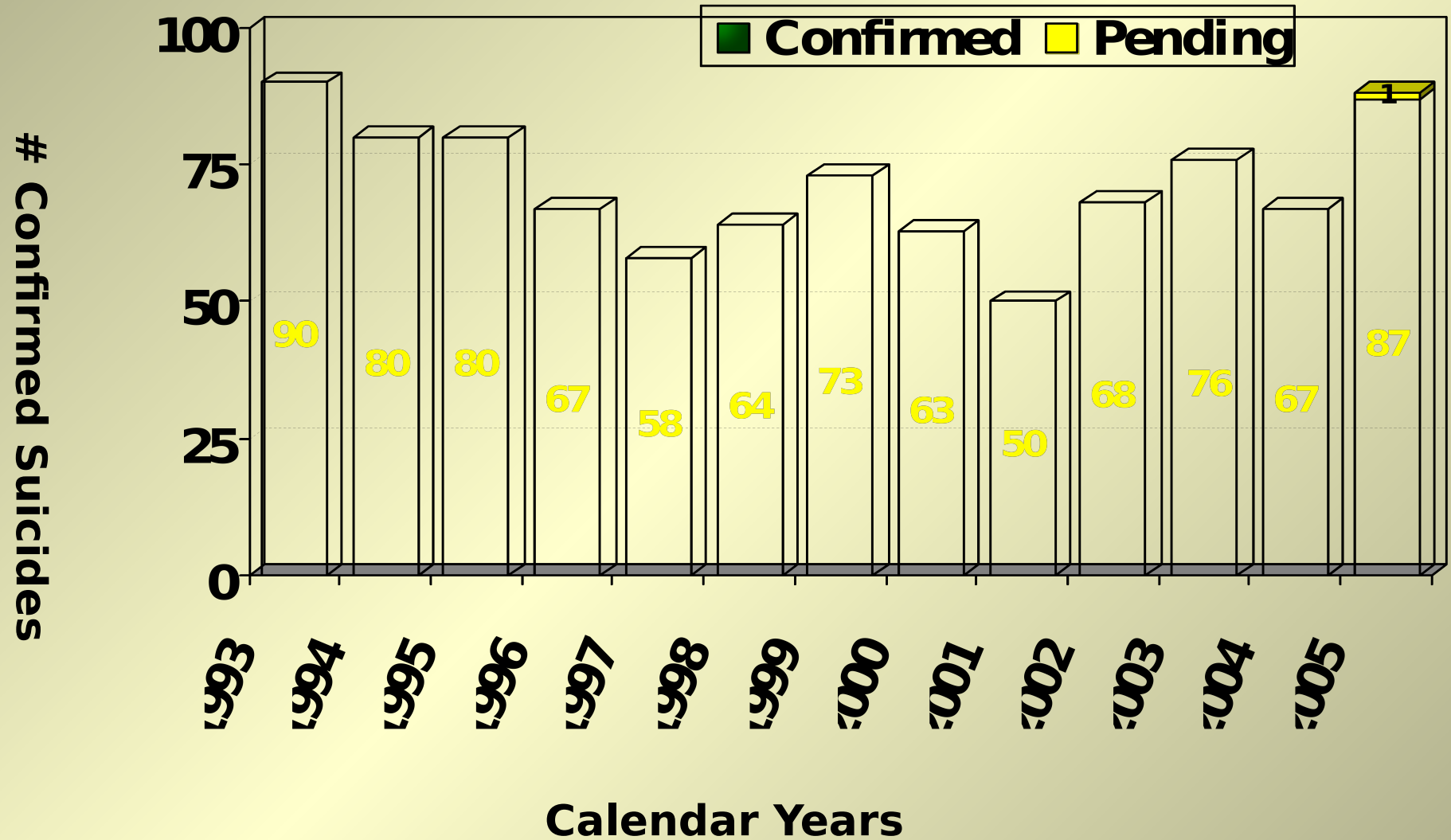
***CY 2005  
Demographics & Statistics***

**Mr. Walter Morales  
Program Manager**

***“Every One Matters”***



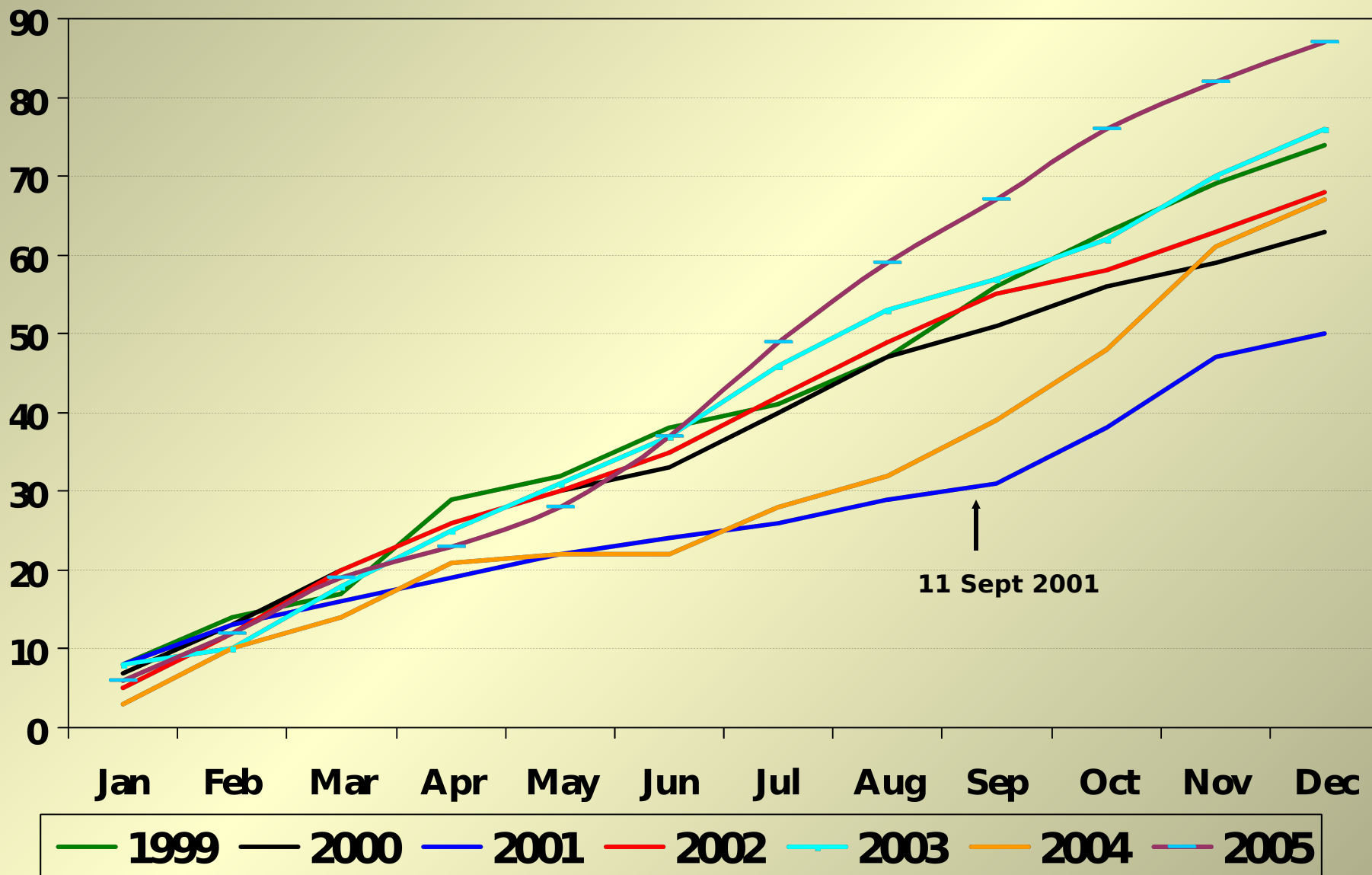
# Active Duty Suicides (Includes USAR /ARNG)



Data thru 31 Dec



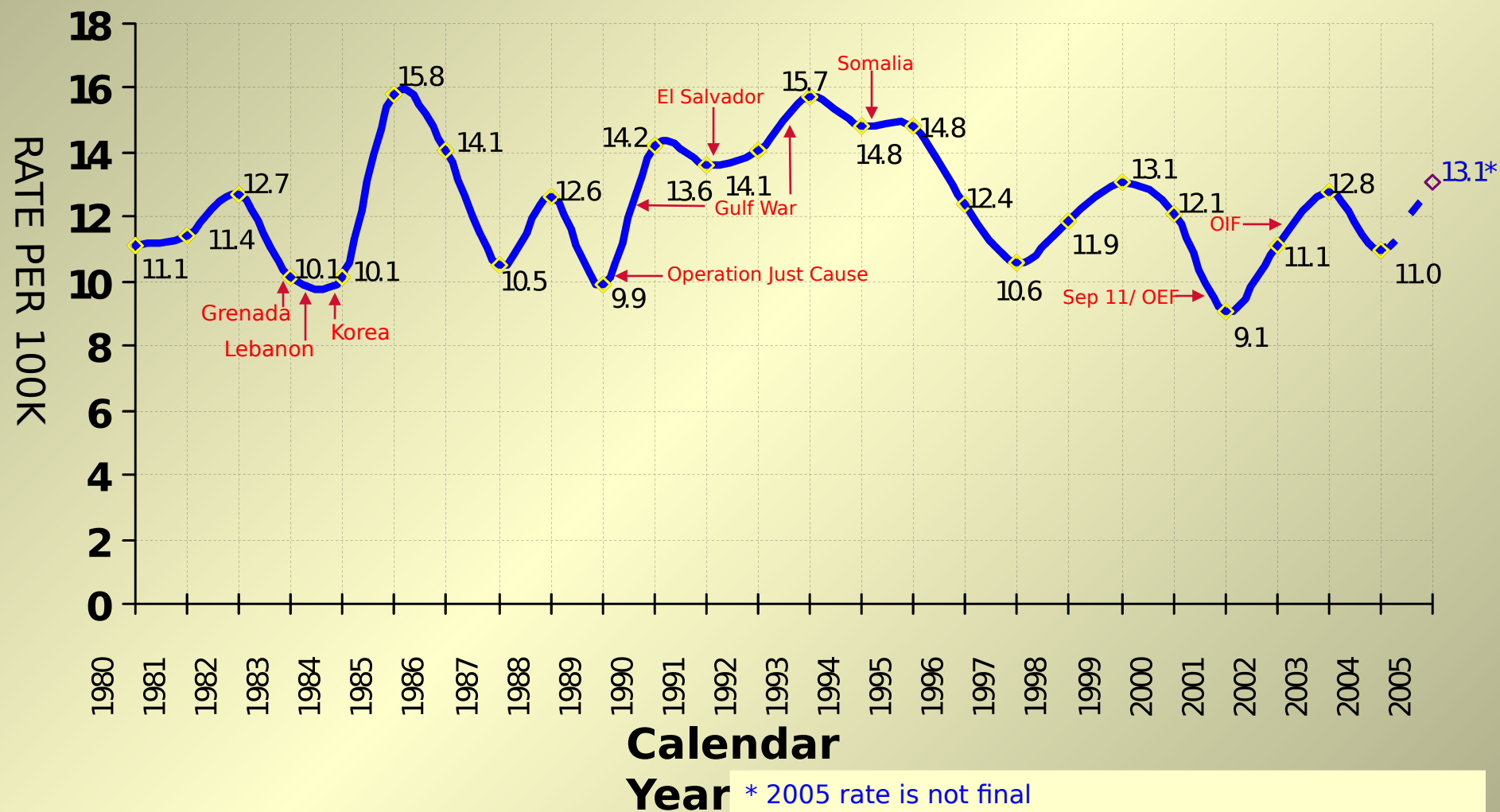
# Cumulative Confirmed Suicides (Includes USAR & ARNG on Active Duty)



Data thru 31 Dec



# Regular Army Suicide Rates (Contingency Operations) 1980 - 2005

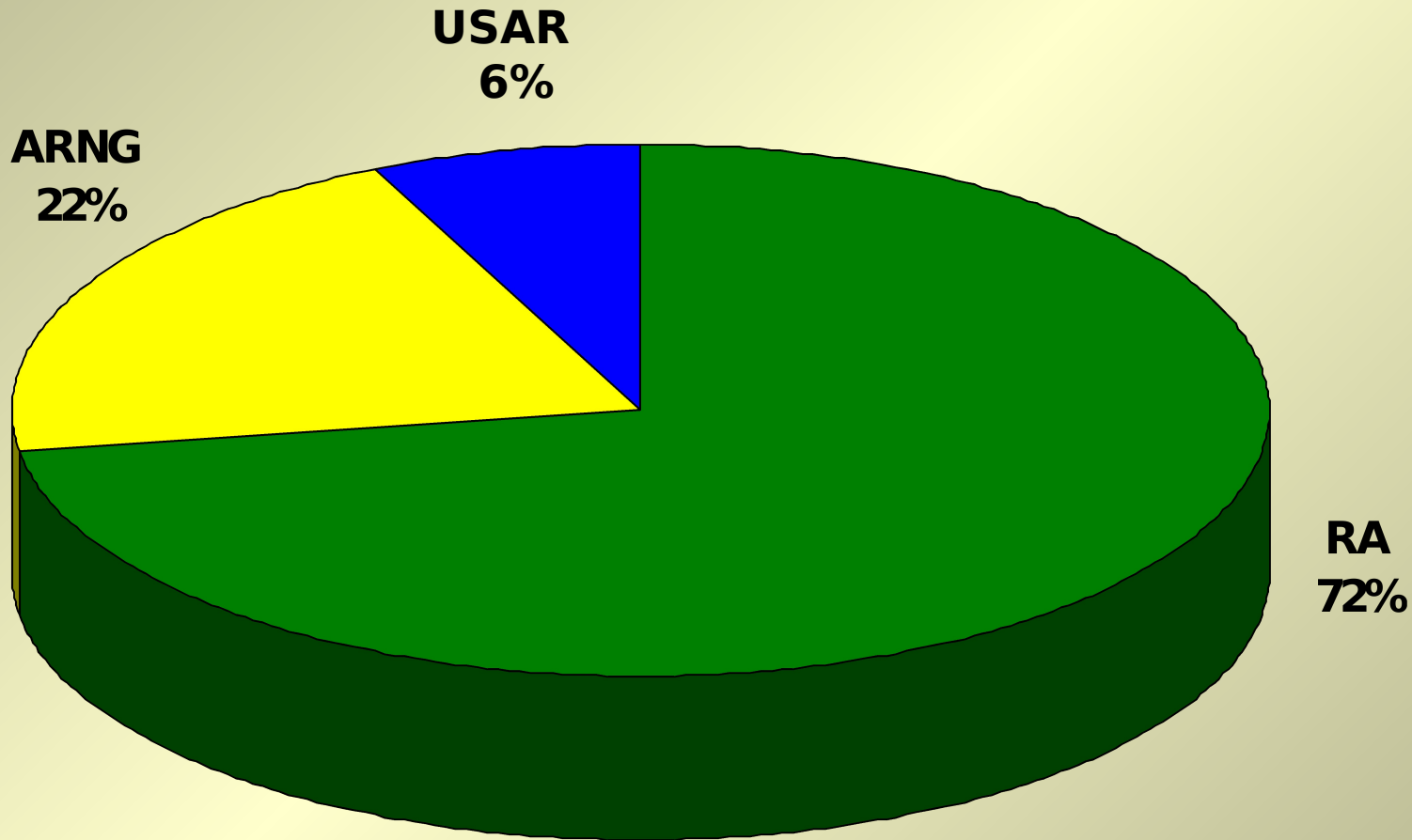


Data thru 31 Dec





# Duty Component (Active Duty Suicides Only)



	<u>RA</u>	<u>ARNG</u>	<u>USAR</u>
Confirmed	63	18	6

Data thru 31 Dec



# Suicide Trends (Confirmed Suicides)

1997 1998 1999 2000 2001 2002 2003 2004 2005

<b>ARNG</b> Active Duty Only	<b>3</b> (5%)	<b>4</b> (5%)	<b>5</b> (7%)	<b>5</b> (8%)	<b>2</b> (4%)	<b>9</b> (13%)	<b>7</b> (9%)	<b>10</b> (15%)	<b>18</b> (22%)
<b>USAR</b> Active Duty Only	<b>3</b> (5%)	<b>2</b> (3%)	<b>5</b> (7%)	<b>1</b> (1%)	<b>5</b> (10%)	<b>5</b> (7%)	<b>6</b> (8%)	<b>3</b> (4%)	<b>6</b> (6%)
<b>Regular Army</b>	<b>52</b> (90%)	<b>58</b> (91%)	<b>63</b> (86%)	<b>57</b> (92%)	<b>43</b> (86%)	<b>54</b> (79%)	<b>63</b> (83%)	<b>54</b> (81%)	<b>63</b> (72%)
<b>Total</b>	<b>58</b>	<b>64</b>	<b>73</b>	<b>63</b>	<b>50</b>	<b>68</b>	<b>76</b>	<b>67</b>	<b>82</b>
<b>RA Rate Only (per 100k)</b>	<b>10.6</b>	<b>11.9</b>	<b>13.1</b>	<b>12.1</b>	<b>9.1</b>	<b>11.1</b>	<b>12.8</b>	<b>11.0</b>	<b>13.1*</b>

\* Rate includes one pending determination case by the Armed Forces Medical Examiner

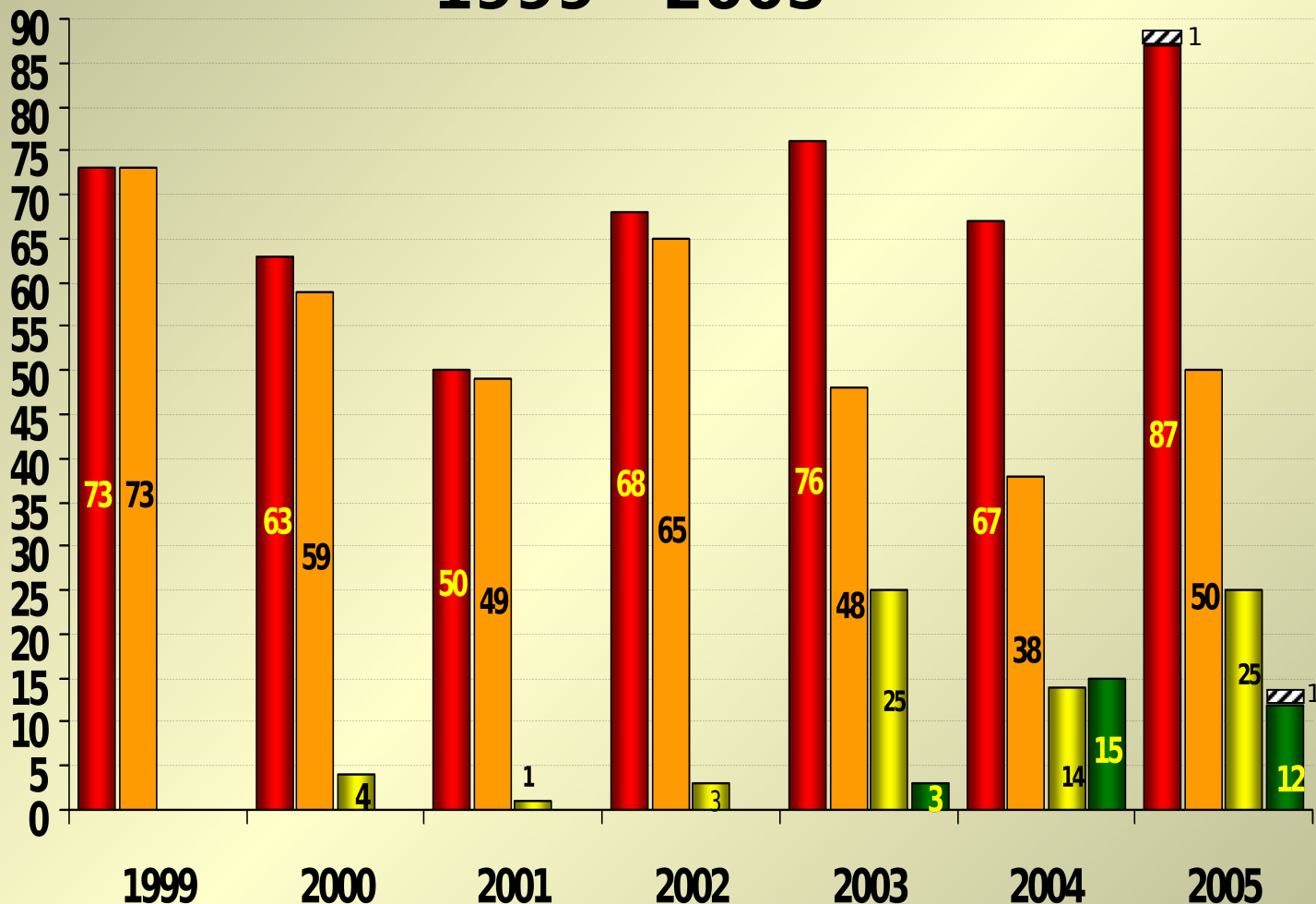
Data thru 31 Dec



# Active Duty Confirmed Suicides

(Includes USAR & ARNG on Active Duty)

## 1999 - 2005



- Total Confirmed Suicides
- Total Non-Deployed Suicides (Never deployed within last year)
- Total Deployed Suicides (OIF & OEF)
- Post Deployed Suicides (<1Year from last redeployment)

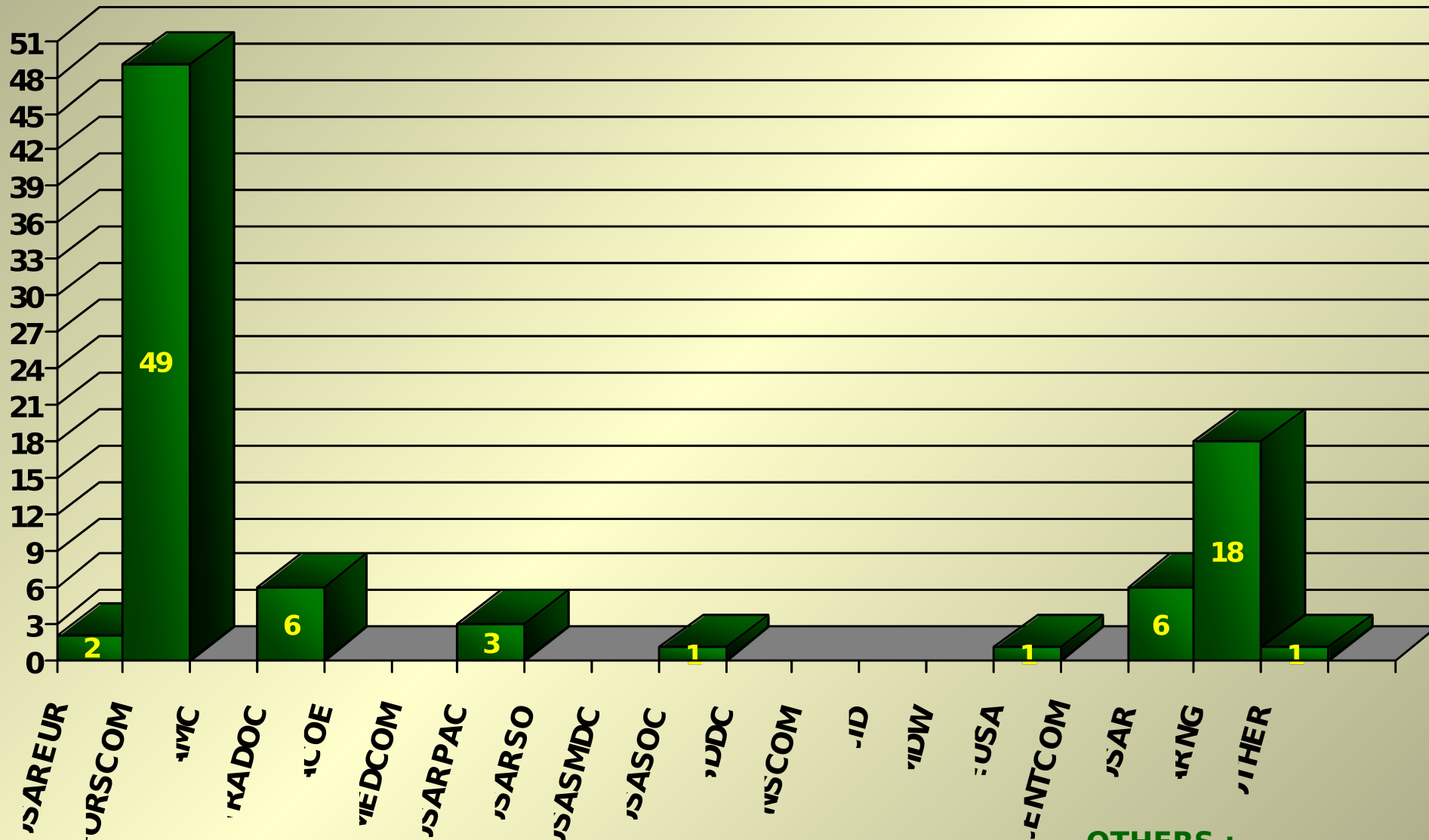
Data thru 31 Dec



Pending Determination by



# CY 05 Suicides - MACOM Assignment (Includes USAR & ARNG on Active Duty)



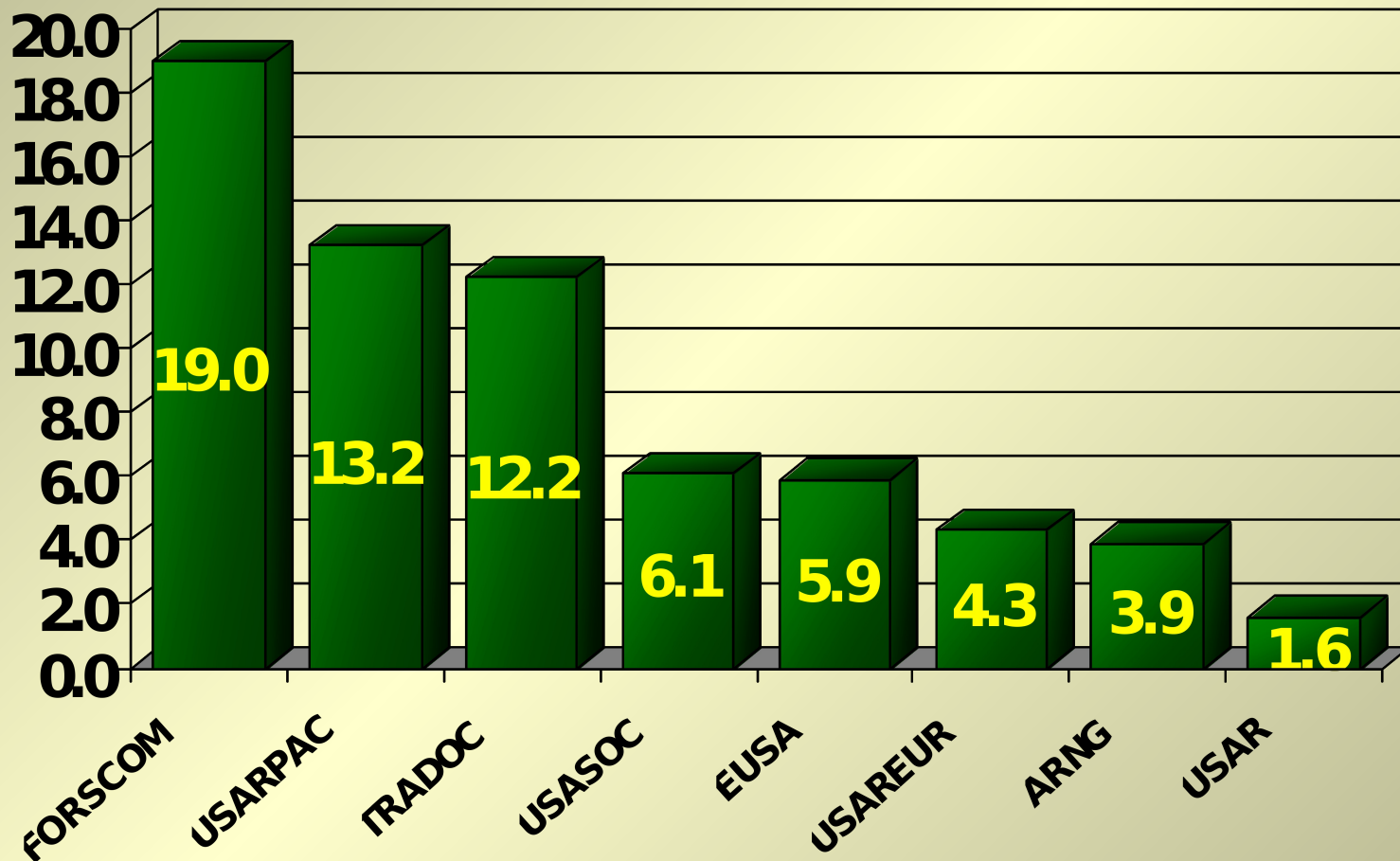
OTHERS :  
West Point, NY

Data thru 31 Dec



# CY 05

## MACOMs Suicide Rate\* (Active Duty Soldiers Only)



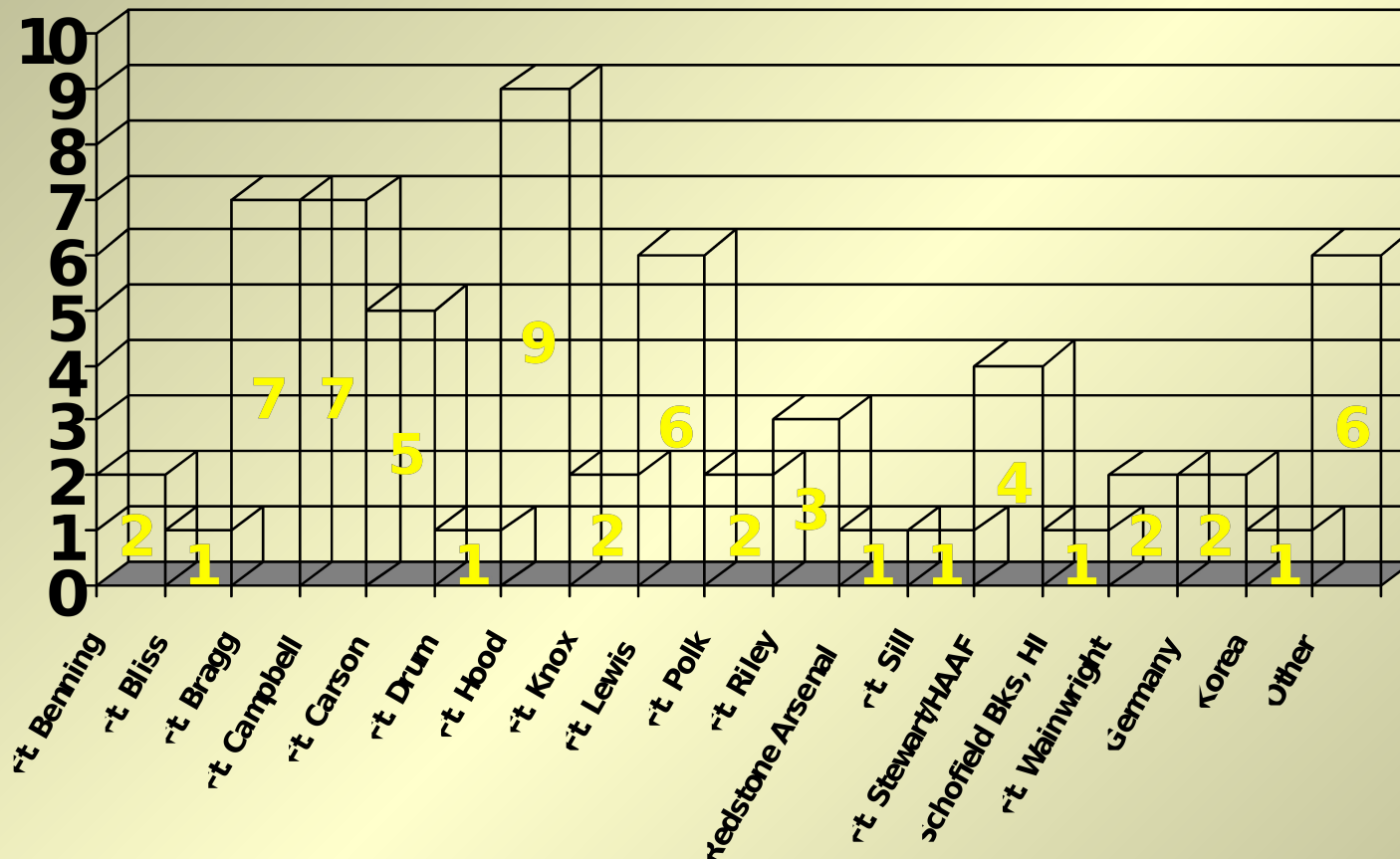
\* Rate is per 100K Soldiers

Data thru 31 Dec





# CY 05 Suicides - Post Assignment (Regular Army Soldiers Only)

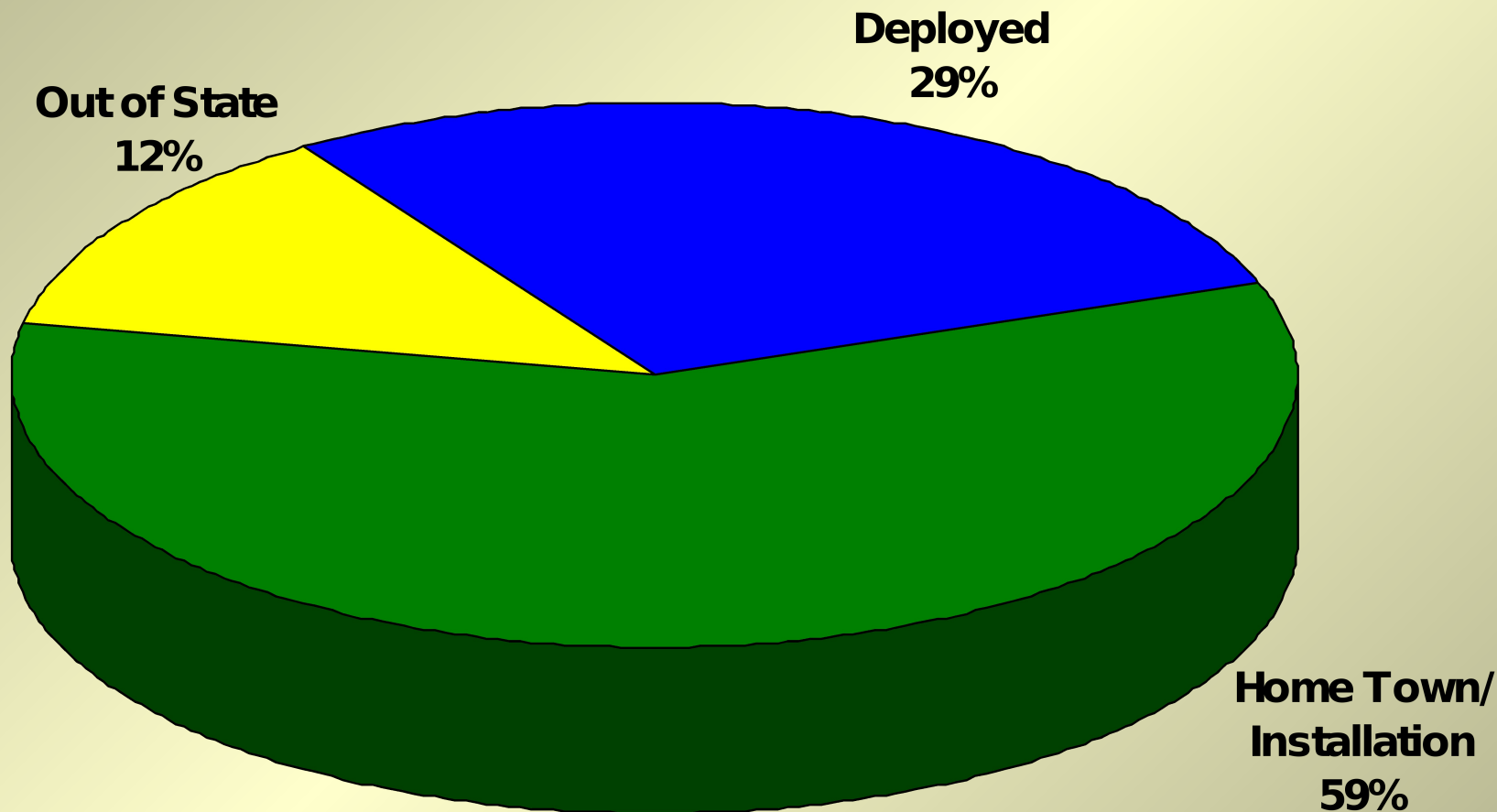


Data thru 31 Dec

**OTHERS:**  
Houston, TX  
Selfridge Air NG,  
MI  
Lackland AFB,  
TX  
West Point, NY  
OK City Rec Bn



# CY 05 Suicides - Location (Includes USAR & ARNG on Active Duty)

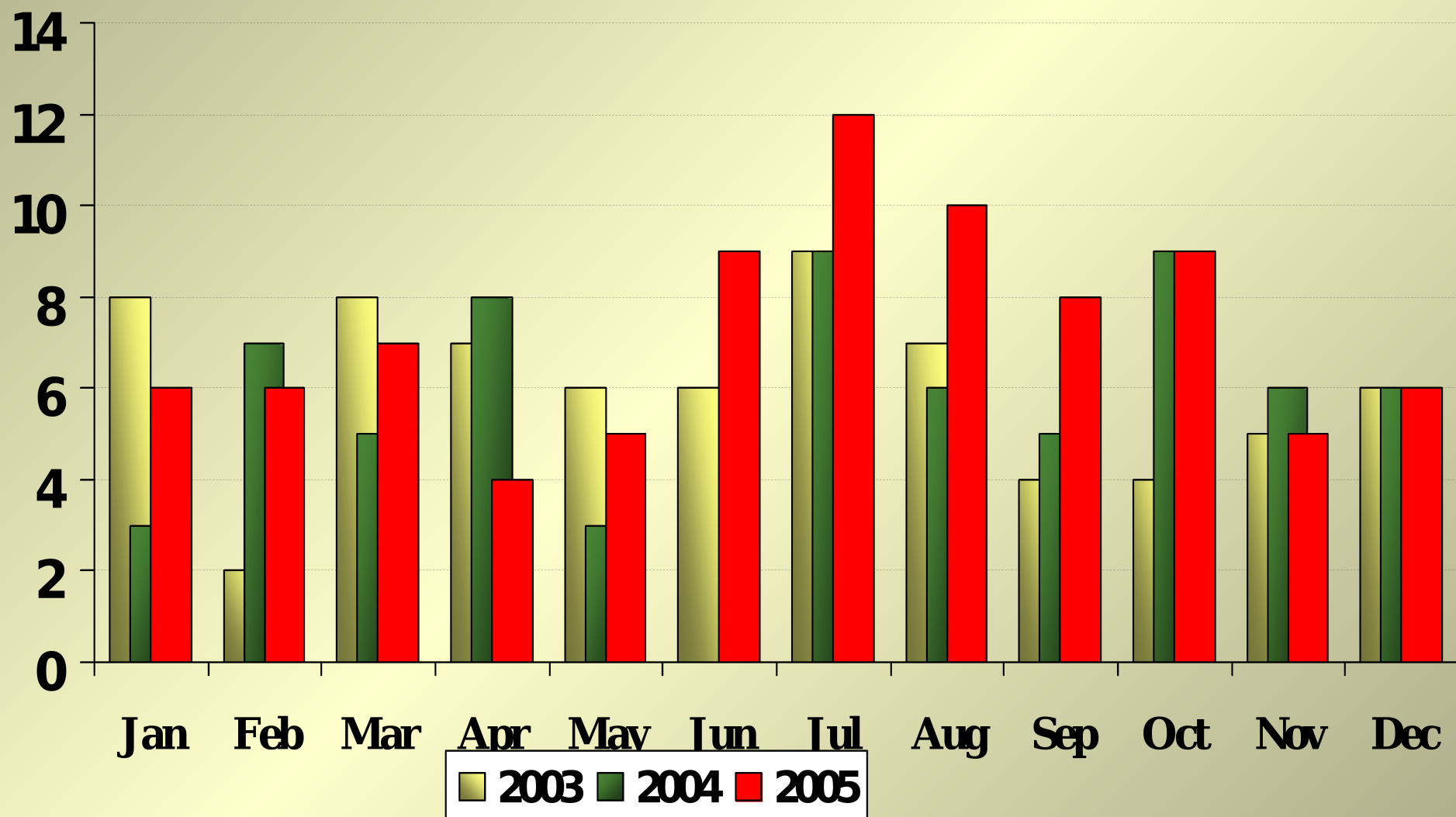


	<u>Home Town</u>	<u>Out/State</u>	<u>Deployed</u>
<u>AWOL</u>	25	0	11
<u>Confirmed</u>	51		

Data thru 31 Dec



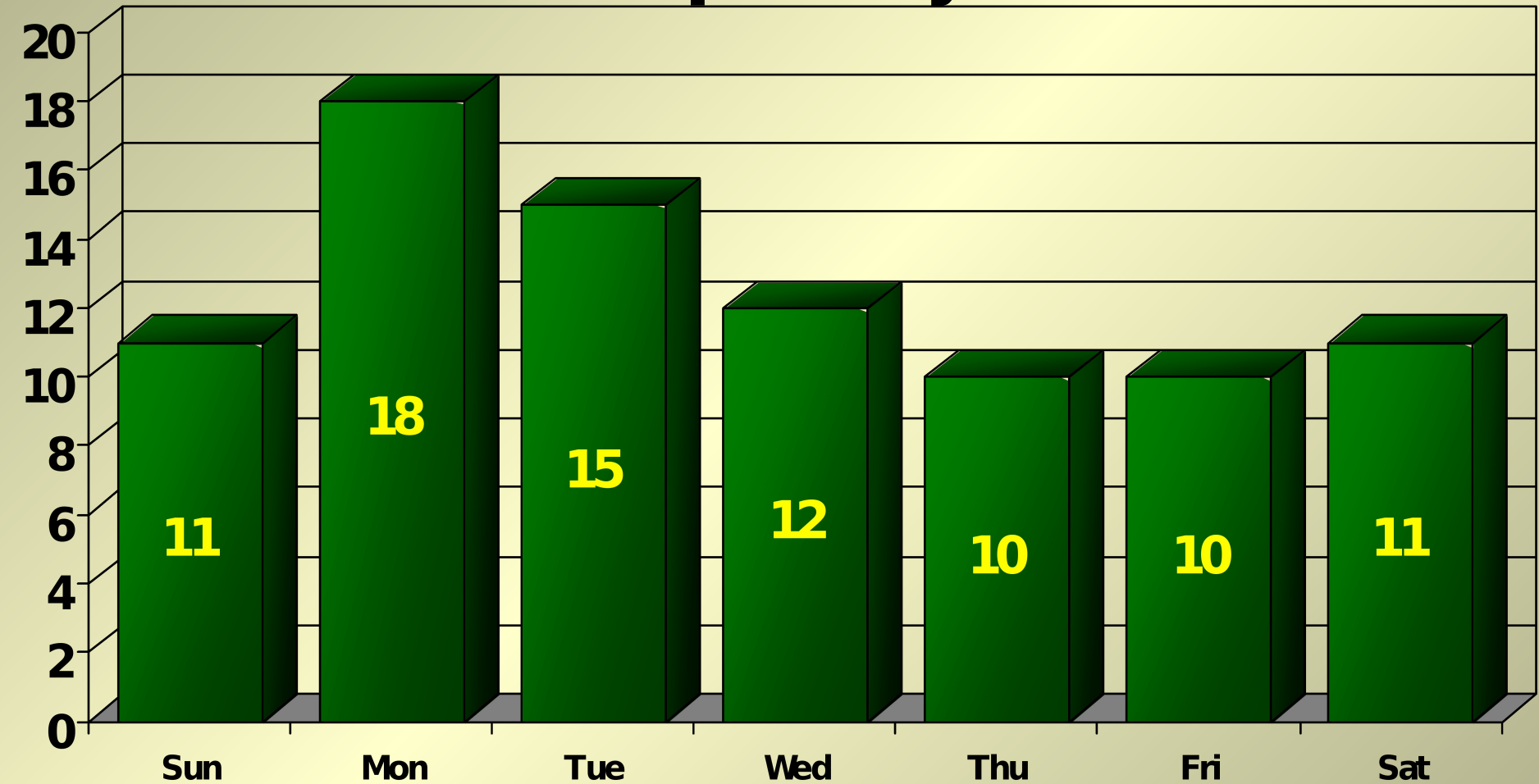
# Monthly Active Duty Confirmed Suicides (Includes USAR & ARNG on Active Duty)



Data thru 31 Dec



# CY 05 Suicides - Day Frequency



Data thru 31 Dec



# CY2005

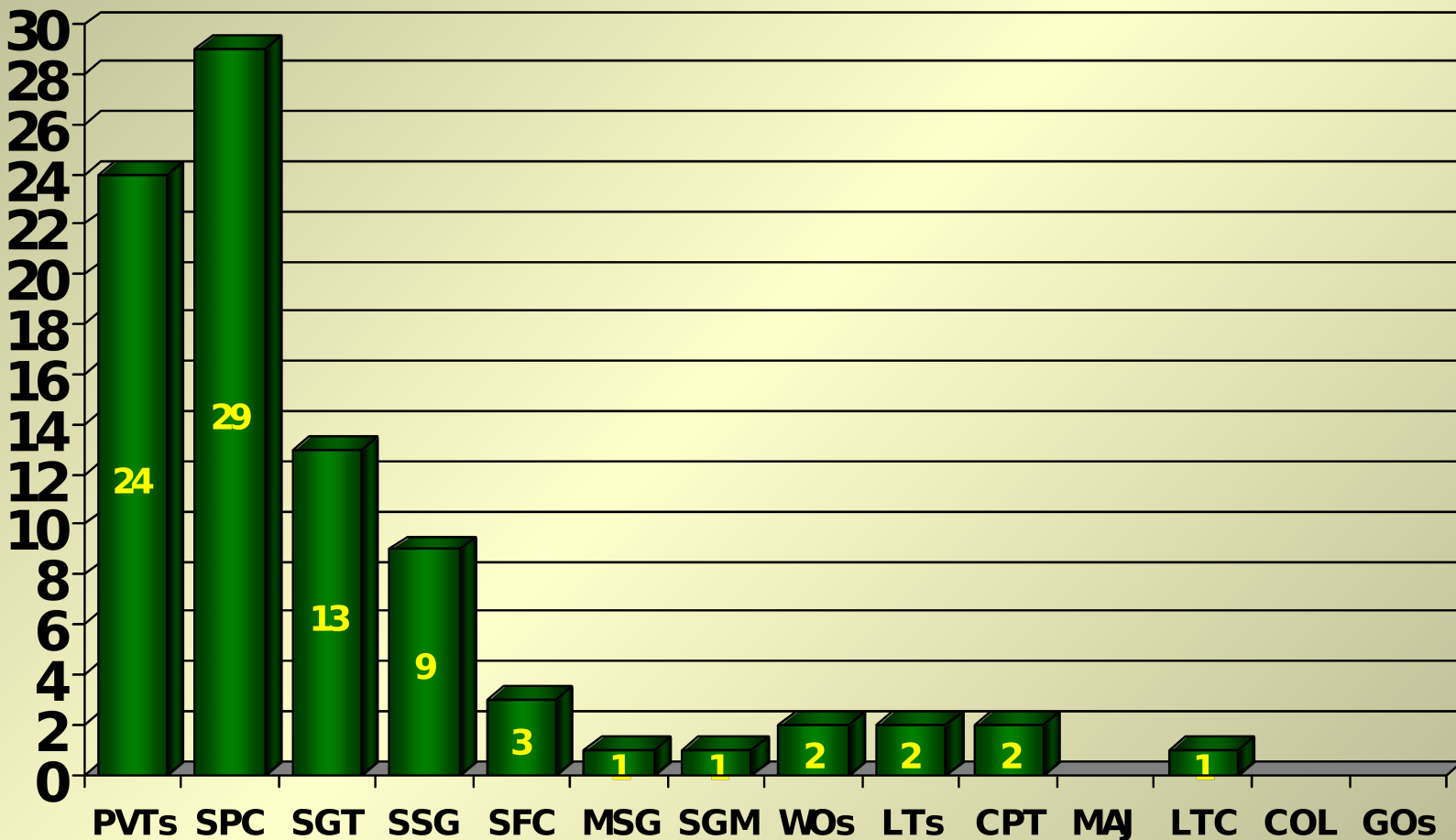
## Soldier Suicide Profile

- **COMPONENT: Regular Army**
- **MACOM: FORSCOM**
- **RANK: PVT - SPC**
- **AGE: 21 - 30 years old**
- **RACE: White**
- **GENDER: Male**
- **METHOD: Firearms**
- **MOS: 11 Series**
- **PRIMARY STRESSOR: Failed Relationships**





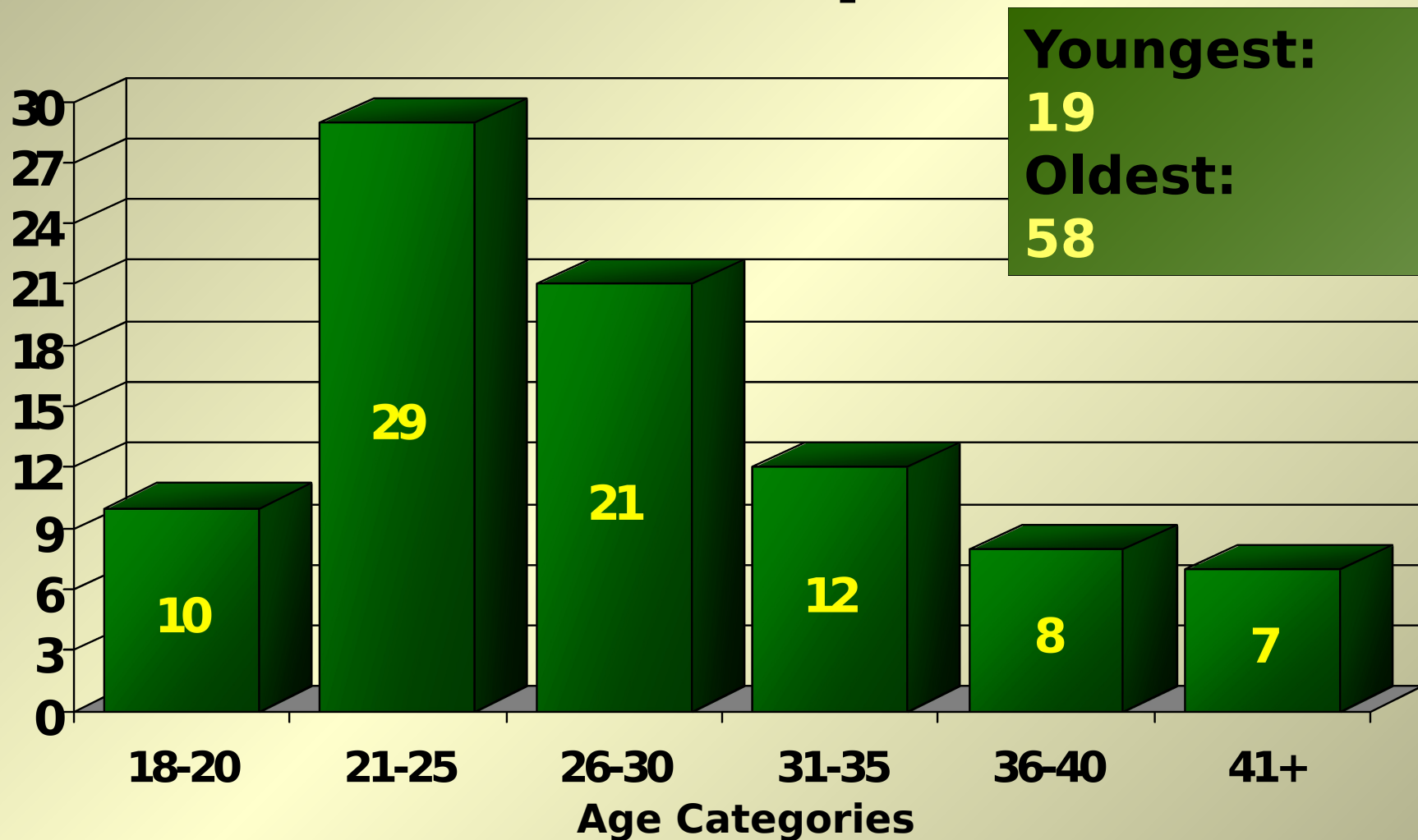
# CY 05 Suicides - Rank



Data thru 31 Dec



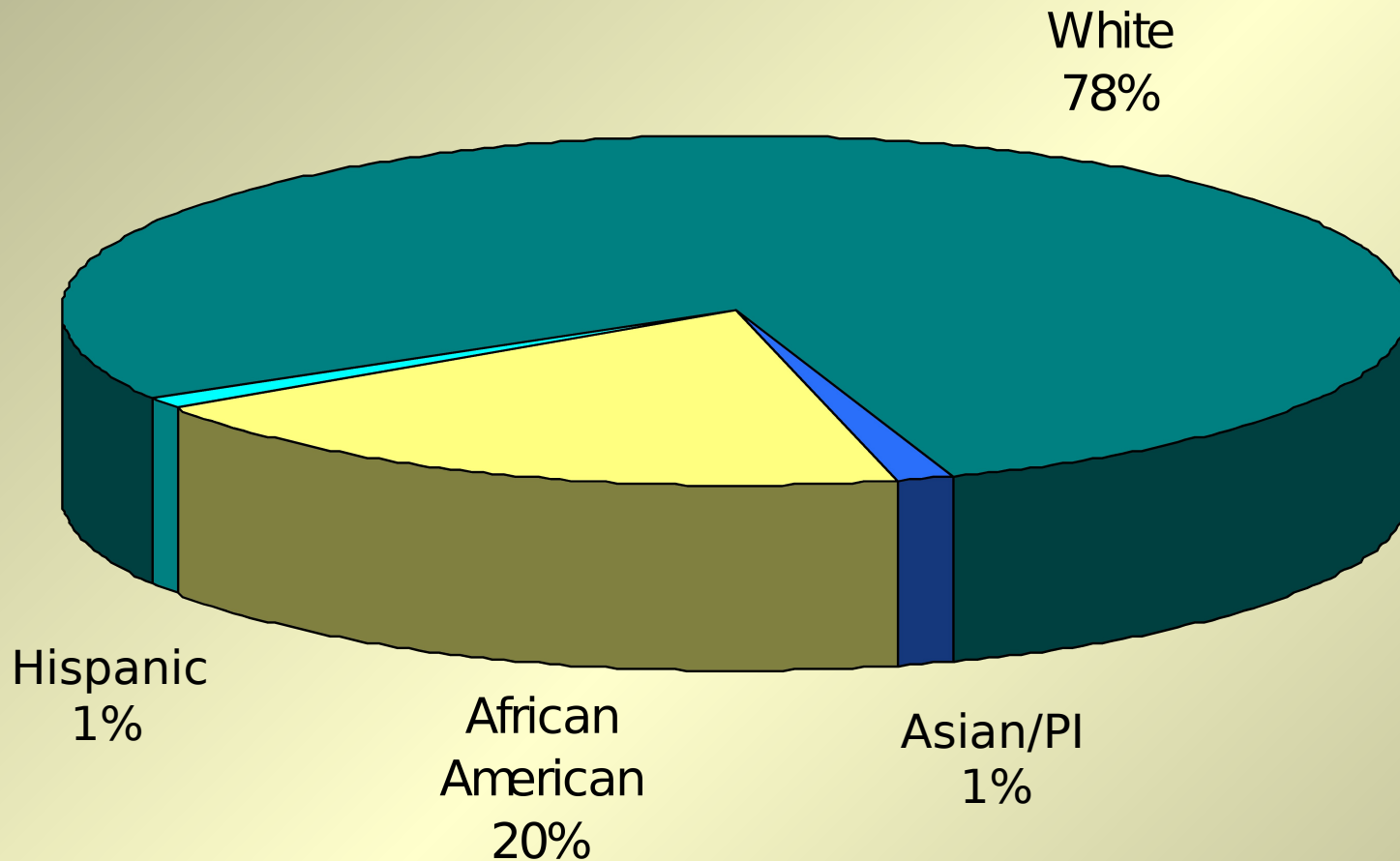
# CY 05 Suicides - Age Group



Data thru 31 Dec



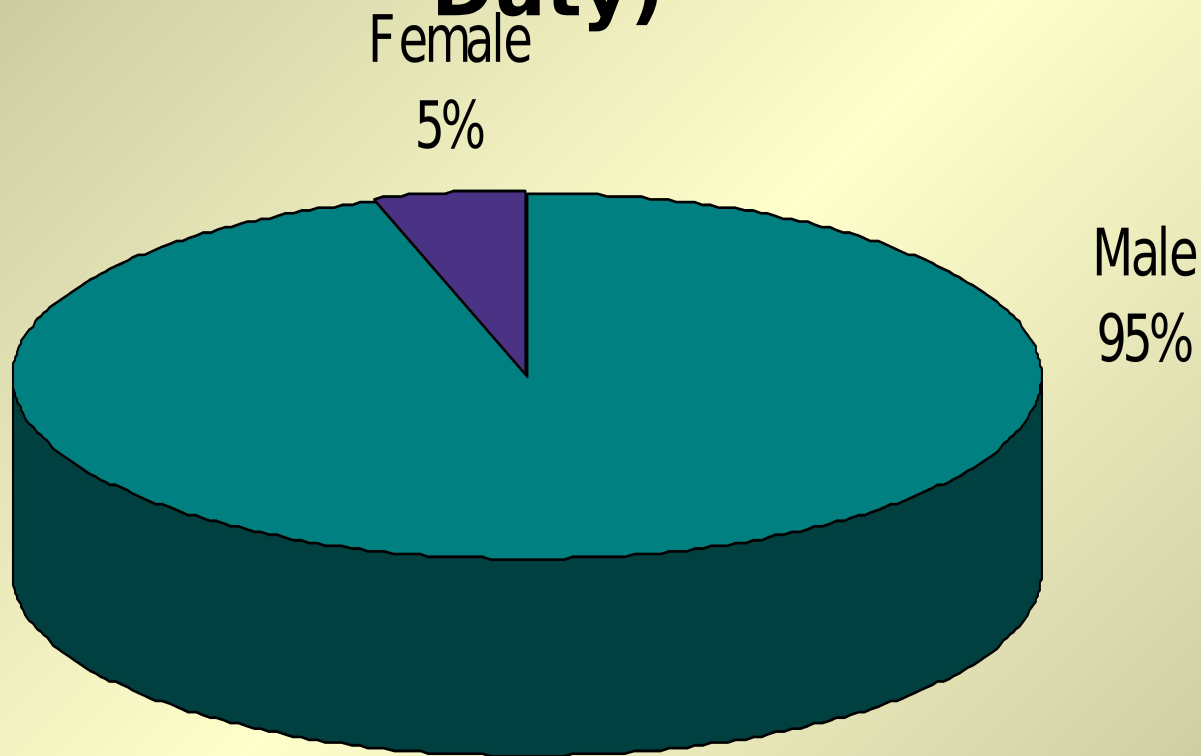
# CY 05 Suicides - Racial Comparison



Data 1	African				
	Native				
	White	American	Hispanic	Asian/PI	
	American				
Confirmed	68	17	1	1	



# CY 05 Suicides - Gender (Includes USAR & ARNG on Active Duty)



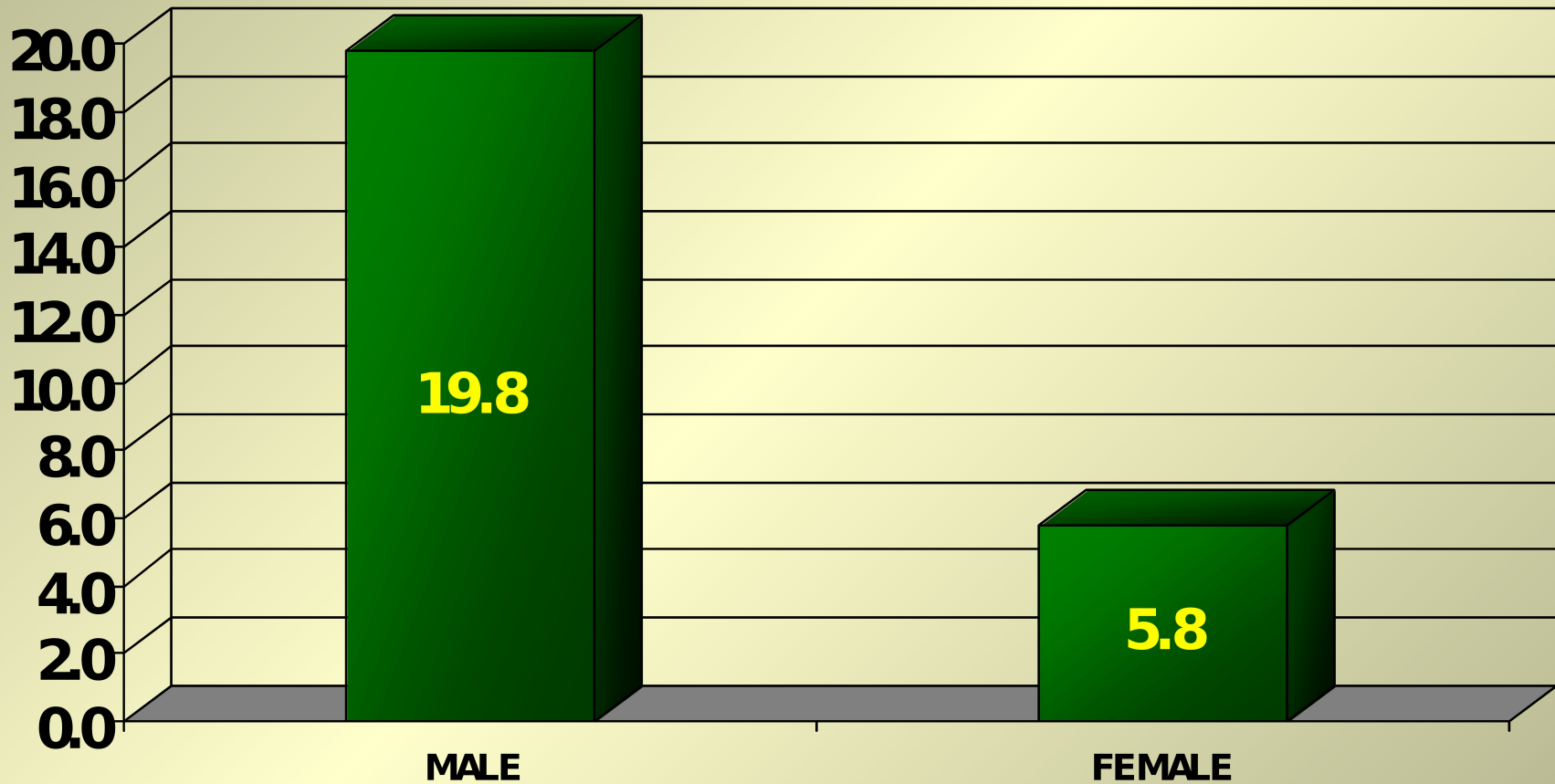
	Male	Female
Confirmed	83	4

Data thru 31 Dec



# CY 05

## Suicide Rate\* - Gender (Regular Army Only)

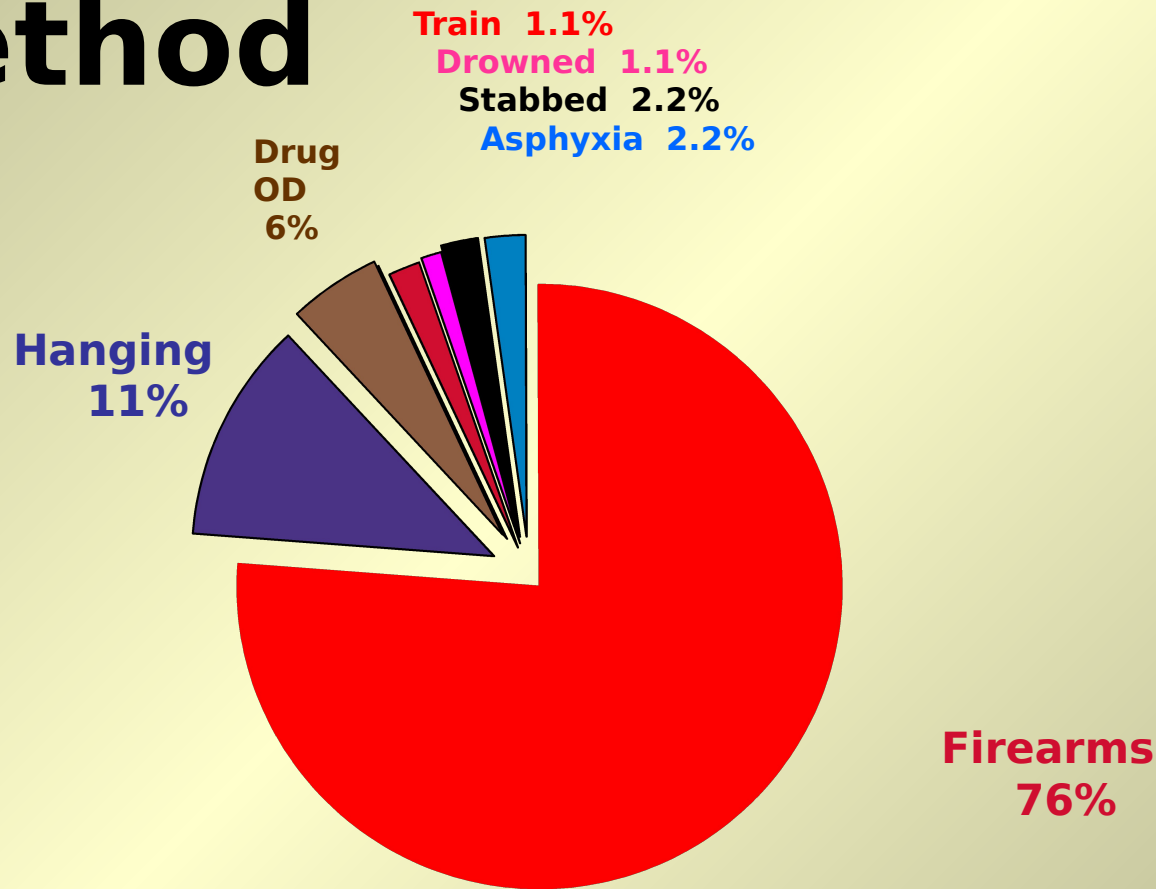


\* Rate is per 100K Soldiers





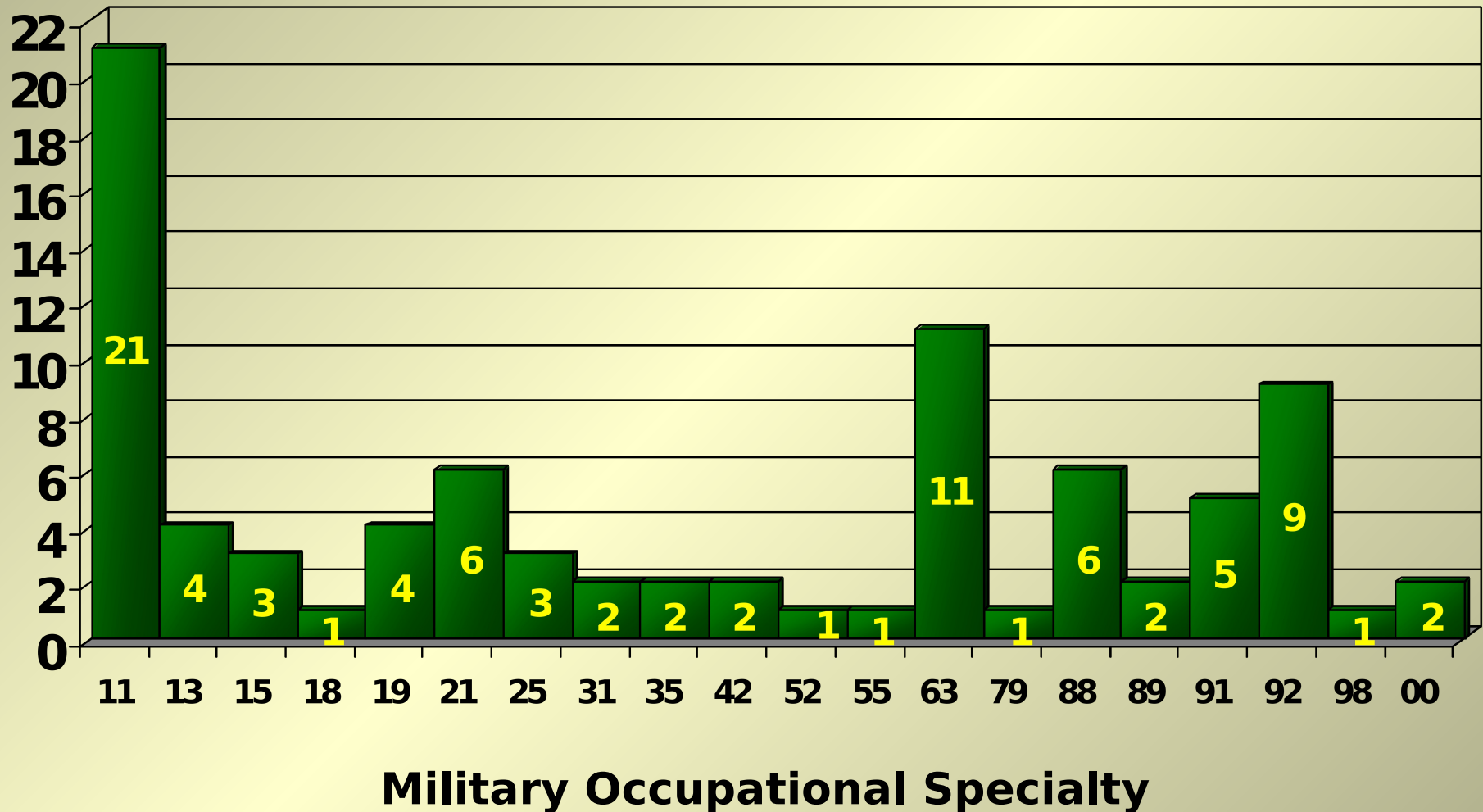
# CY 05 Suicides - Method



<u>Firearms</u>	<u>Hanging</u>	<u>Asphyxiation</u>	<u>Drug OD</u>	<u>Drowned</u>	<u>Stab</u>	<u>Train</u>	<u>Hit by</u>
66	10	2	5	1	2	1	



# CY 05 Suicides - MOS



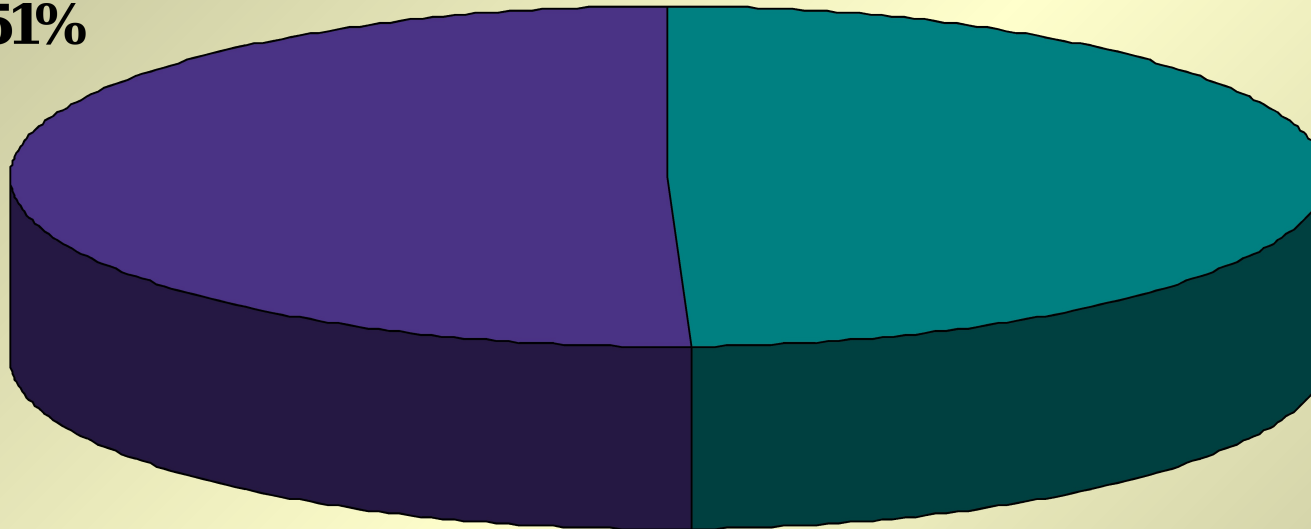
Data thru 31 Dec



# CY 05 Marital Status (Includes USAR & ARNG on Active Duty)

**Single**  
**51%**

**Married**  
**49%**



**Confirmed**

**Married**  
**43**

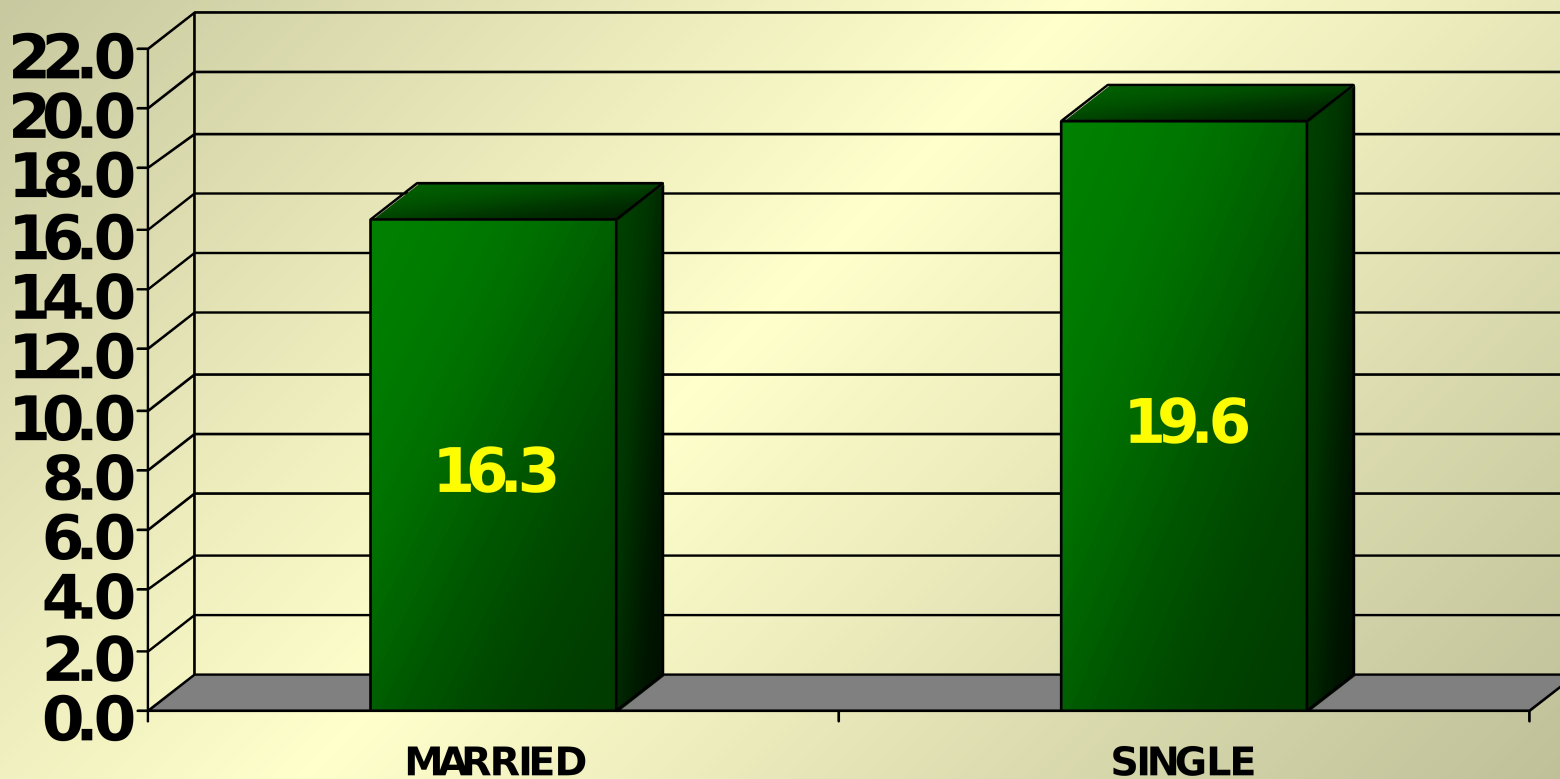
**Single**  
**44**

Data thru 31 Dec



# CY 05

## Suicide Rate\* - Marital Status (Regular Army Only)



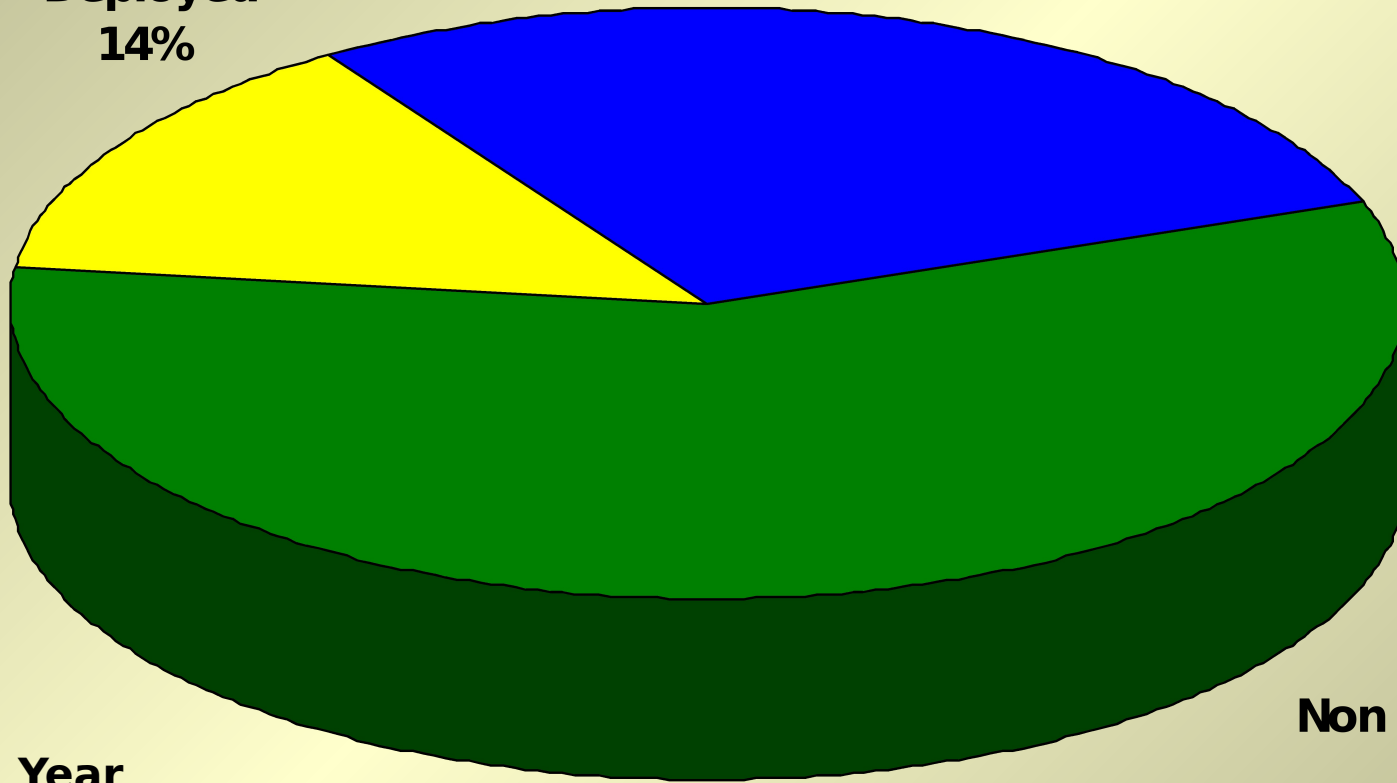
\* Rate is per 100K Soldiers



# CY 05 Suicides Deployment Status

**Post\***  
**Deployed**  
**14%**

**Deployed**  
**29%**



**Non Deployed**  
**57%**

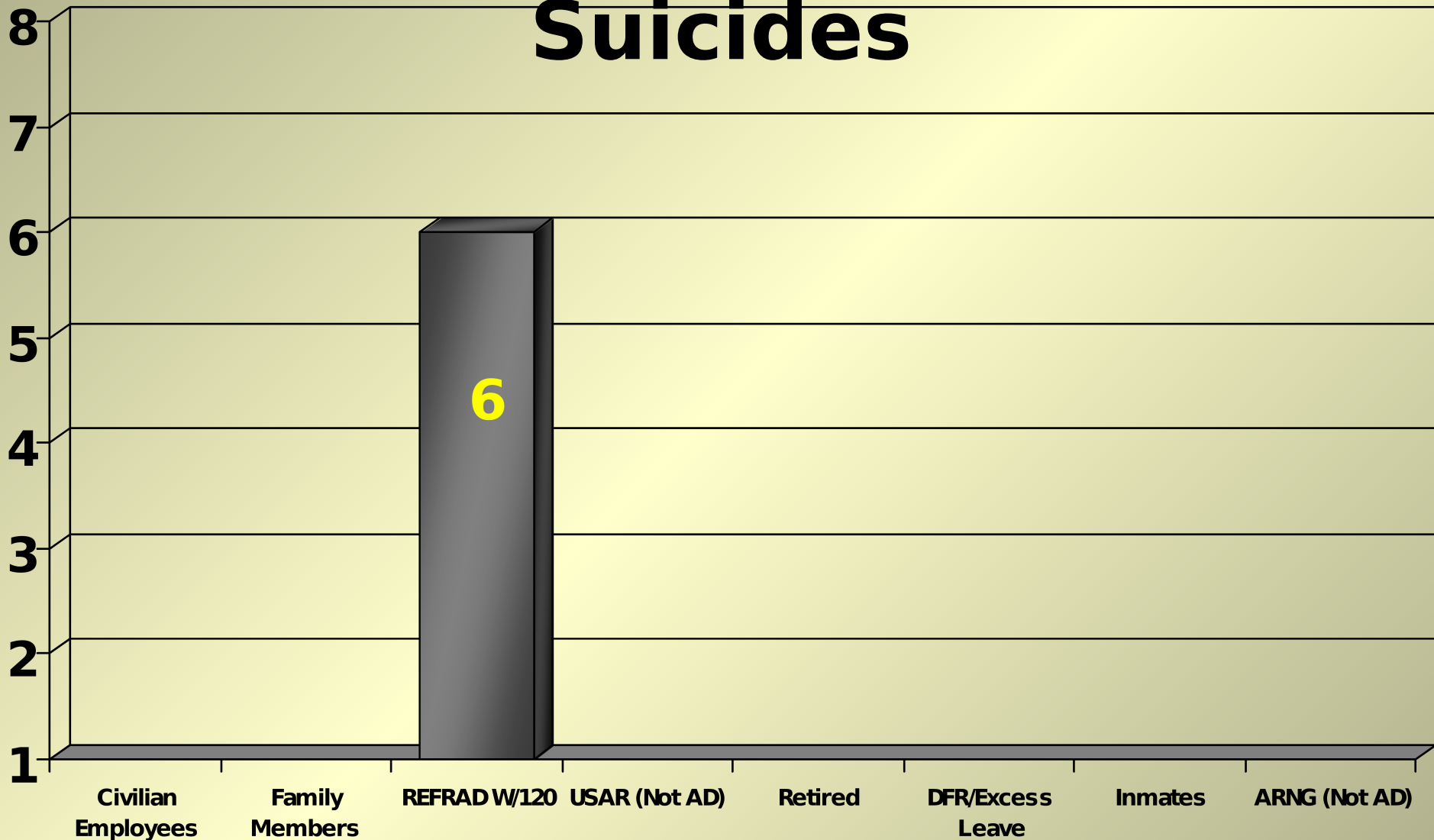
**\* < 1 Year**

<u>Deployed</u>	<u>Non Deployed</u>	<u>Deployed</u>	<u>Post</u>
25	Confirmed 12	50	





# CY 05 - Other Known Suicides



Data thru 31 Dec



# *Quote from a Soldier's Suicide Note*

**“The Army will  
help if you know  
how to help  
yourself. That’s  
the problem, I  
don’t know how to  
help myself.”**

**(Depression is more widespread than heart disease, cancer and**

Data thru 31 Dec



# *Reasons for Dying*

- **Escape - general**
- **General descriptors of self**
- **Others/relationships**
- **Feeling hopeless**
- **Escape - pain**
- **Feeling alone**
- **Escape - responsibilities**
- **Escape - past**
- **Religion**





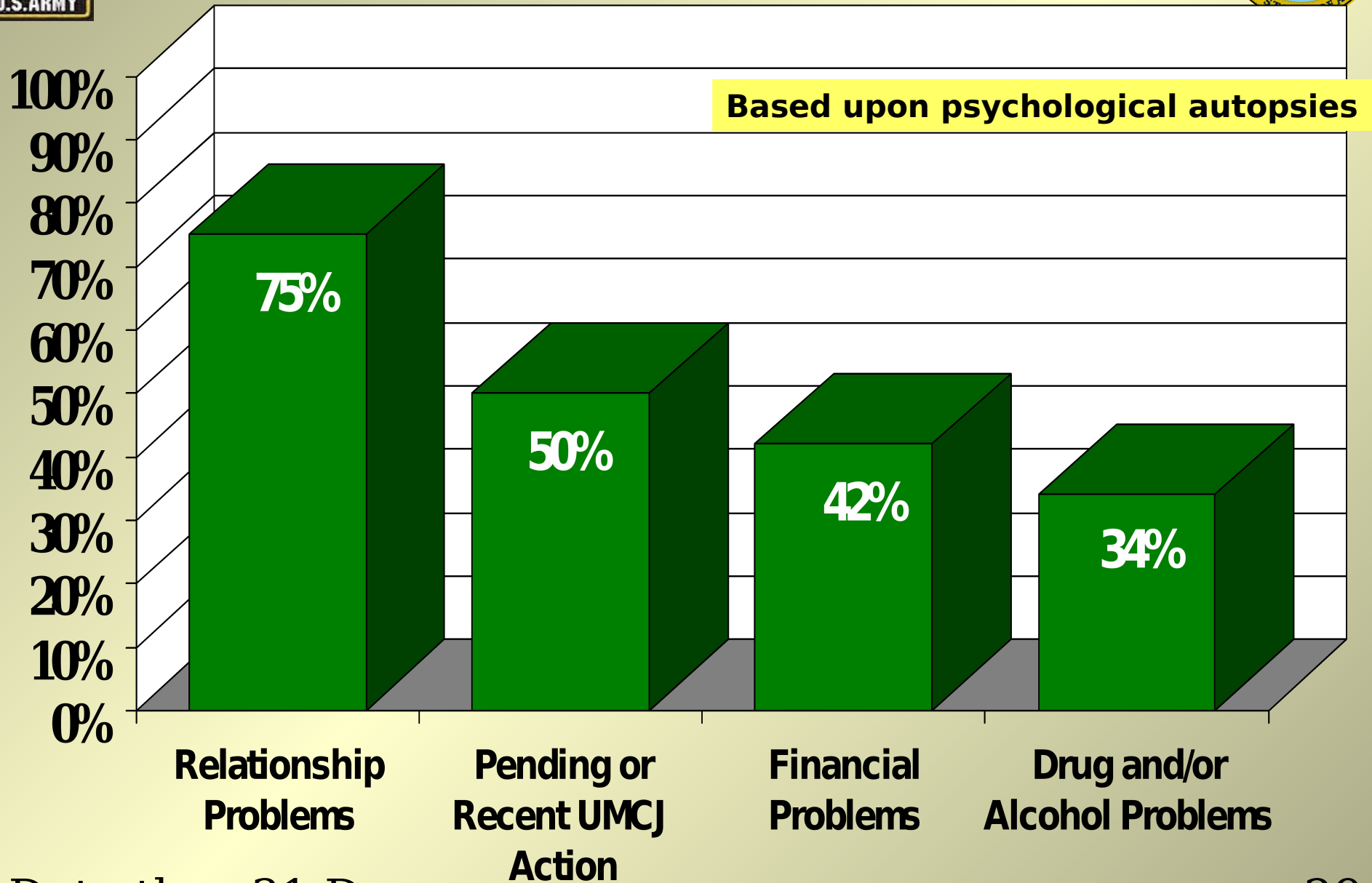
# ***Reasons for Living***



- **Family**
- **Future**
- **Specific plans and goals**
- **Enjoyable things**
- **Friends**
- **Self**
- **Responsibility to others**
- **Religion**



# Potential “Triggers”



Data thru 31 Dec





# A Model for Understanding Dysfunctional Health-Risk Behaviors

**Visible to  
Command**

**NOT Visible  
to Command**

**Behavior** “Outcome” & Consequence

**Stressors**

“Triggers” for Dysfunctional  
Behavior

**Current  
Environment**

Work & Home Environments  
-supportive vs. non-supportive

**Developmental History**

Consequences of Abuse  
Trauma, ACEs

**Genetic Vulnerability to Psychiatric  
Illness**

Psychiatric dz:  
- Schizophrenia  
- Mania  
- Depression  
- Substance Abuse

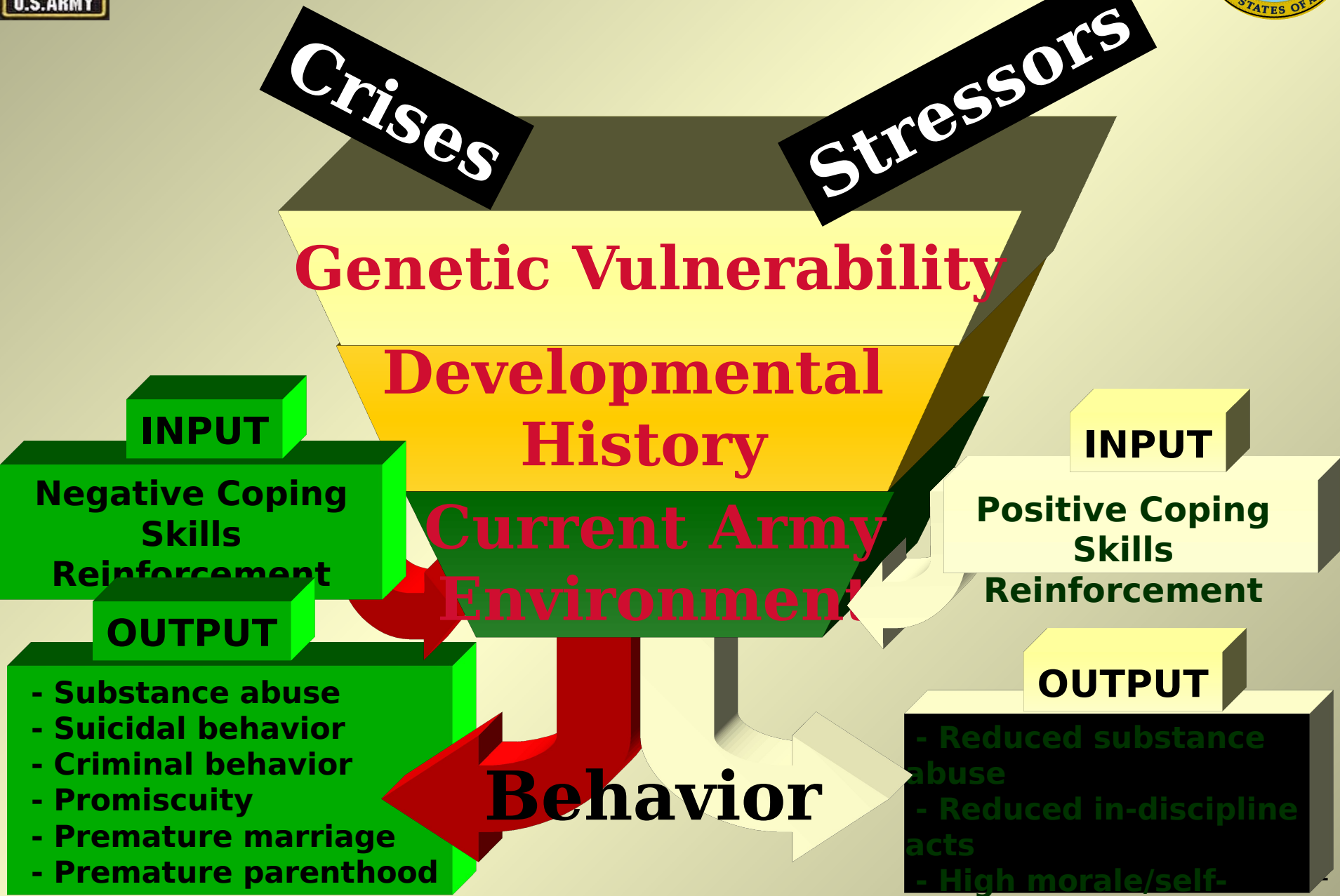
*“The best predictor of future behavior is past behavior.”*

Data thru 31 Dec





# *Life Coping Skills Behavior*





# ***Immediate Danger Signals***

- Talking about or hinting suicide
- Giving away possessions; making a will
- Obsession with death; sad music/poetry; themes of death in artwork or letters
- Making specific plans to commit suicide and access to lethal means
- Buying a gun

Data thru 31 Dec





# *What To Do*

- Take threats seriously
- Answer cries for help
- Confront the problem (ASK)
- Tell them you care
- Get professional help

Data thru 31 Dec





# *What Not To Do*

- Don't leave anyone alone if you believe the risk is imminent
- Don't assume the person isn't the 'type'
- Don't act shocked at what the person tells you
- Don't debate the morality of suicide or lay a guilt trip on the person
- Don't keep it a secret

Data thru 31 Dec



SHARP MINDS. STRONG BODIES



# *Conclusion*

- Suicide is a threat to the fighting force.
- Warning signs are often present – watch out for your buddy!
- When you suspect your buddy may be suicidal, get your chain of command involved and contact your nearest mental health clinic or chaplain as soon as possible!

Data thru 31 Dec

